

MON Drop-In 2-8pm	TUES Quiet Drop-In 10-5pm	WED Drop-In 10-8pm	THUR Drop-In 2-8pm	FRI Drop-In 12-5pm	SAT	SUN
<p>1 10-4 Quiet Room (TR) 6-8 Music Group 6-8 Girls' Group (RR)</p>	<p>2 10-3 Quiet Room (TR) 10-12 Tuesday Morning Women's Group (closed) 3-4.30 LDG – Theory of mind, Executive Functions, Central Coherence 4-6 Table Tennis (TR) 4-7 RPG (Closed) (ART)</p>	<p>3 10-12 Quiet Room (TR) 1-3 Girls' Group 4-7 Gaming Group (TR) 6-8 Art & Crafts (ART)</p>	<p>4 10-1 Quiet Room (TR) 2-4 Thursday Discussion Group (Closed) 5:30 Film Night (A Wrinkle in Time)</p>	<p>5 10-2 Quiet Room (TR) 3-5 Pool Drop-In</p>	<p>6 10-4 Drop-In Cinema Group Venom, time to be confirmed (Maff/Andy)</p>	<p>7</p>
<p>8 10-8 Quiet Room (TR) 6-8 West Lothian Social Group (Pizza Hut, Designer Outlet, Livingston)</p>	<p>9 10-3 Quiet Room (TR) 10-12 Tuesday Morning Women's Group (closed) 3-4.30 LDG – Energy, Anxiety, Coping 6-7.30 Pizza Night 6:30-7:30 Peer Support Group (ART)</p>	<p>10 10-12 Quiet Room (TR) 1-3 Girls' Group 4:30-5:30 5-a-Side football 6-8 Art & Crafts (ART)</p>	<p>11 10-1 Quiet Room (TR) 2-4 Thursday Discussion Group (Closed) 6-8 Scrabble (ART) 6-7 Relaxation Group (TR)</p>	<p>12 10-2 Quiet Room (ART) 3-5 Pool Drop-In 2-3 Service User Forum (RR)</p>	<p>13</p>	<p>14</p>
<p>15 10-4 Quiet Room (TR) 6-8 Music Group 6-8 Girls' Group (RR)</p>	<p>16 10-3 Quiet Room (TR) 10-12 Tuesday Morning Women's Group (closed) 1-4 Video Editing 2-3.30 Book Group 4-6 Chess Club (TR) 4-7 RPG (Closed) (ART) 6-7 Badminton</p>	<p>17 10-12 Quiet Room (TR) 1-3 Girls' Group 4-7 Gaming Group (TR) 6-8 Art & Crafts (ART)</p>	<p>18 10-1 Quiet Room (TR) 2-4 Thursday Discussion Group (Closed) 5:30 Film Night (Deadpool 2) Photography Group</p>	<p>19 10-2 Quiet Room (TR) 2-4 Cult Movie Club (Westworld, 1973) 3-5 Pool Drop-In</p>	<p>20 10-4 Drop-In Walking Group (Ant/Graeme)</p>	<p>21</p>
<p>22 10-4 Quiet Room (TR) 4:30-5 Tai Chi 6-8 Quiz Night</p>	<p>23 10-3 Quiet Room (TR) 10-12 Tuesday Morning Women's Group (closed) 5-6 New Faces Group 6:30-7:30 Peer Support Group (ART)</p>	<p>24 10-12 Quiet Room (TR) 1-3 Girls' Group 2-5 Pool League 3.30 – 5.30 Employment Sessions (to be booked) 6-7.30 Coffee, Cake & Chat 6-8 Art & Crafts (ART)</p>	<p>25 10-1 Quiet Room (TR) Midday Gourmet Club (Tuk Tuk) 2-4 Thursday Discussion Group (Closed) 6-8 Scrabble (ART) 6-7 Relaxation Group (TR)</p>	<p>26 10-2 Quiet Room (TR) 3-3.30 LDG – Introduction 3-5 Pool Drop-In</p>	<p>27 10-4 Drop-In Dalkeith Country Park (Kim/Stew)</p>	<p>28</p>
<p>29 10-8 Quiet Room (TR) Social Group</p>	<p>30 10-3 Quiet Room (TR) 10-12 Tuesday Morning Women's Group (closed) 4-7 RPG (Closed) (ART)</p>	<p>31 10-12 Quiet Room (ART) 1-3 Girls' Group 4 – 7 Halloween Gathering (TR) 6-8 Art & Crafts (ART)</p>			<p>ART – Art Room 1st floor TR – Training Room 1st floor BR – Blue Room 2nd floor RR – Red Room 2nd floor</p>	

Regular Activity Groups

5-a-Side Football:	2nd Wednesday of every month at the Corn Exchange. Leave Number 6 at 3:30, or meet the group at the World of Football at 4:15.
Art & Crafts Group:	Every Wednesday, 6—8pm In the Art Room!
Badminton:	3 rd Tuesday of every month, 6—7pm at Craiglockhart Leisure Centre. <u>Meet at Number 6 at 5pm</u> to get the bus, or at Craiglockhart for 5:50pm.
Book Group	See newsletter for further details for this month.
Chess Club	3 rd Tuesday of every month, 4-6pm.
Coffee, Cake, and Chat	4 th Wednesday of every month. This relaxed, informal discussion groups meets at 6—7:30 in the Training Room to discuss current affairs or meet new people.
Film Night:	1st & 3 rd Thursday, 5:30pm . See newsletter for further details for this month.
Gaming Group:	1st & 3rd Wednesday of every month, 4—7pm .
Girls' Groups:	Meets on the 1st and 3rd Mondays of every month from 6pm—8pm , and every Wednesday from 1pm—3pm .
Gourmet Club:	Meets on the 4th Thursday . Depending on your choices, you will need between £15—£25 to cover the cost. See newsletter for further details for this month.
Music Group:	1st and 3rd Monday of every month, from 6—8pm .
Photography Group:	3rd Thursday of every month . Normal meeting time 6—8pm . However, check newsletter as times can change, depending on what is covered.
New Faces:	Meets 3rd Tuesday, 5 – 6pm . For anyone registered Number 6 in the last year. Mingle with staff, learn more about the service, and meet people newly registered with us.
Pizza Night:	2nd Tuesday, 6 – 7.30pm . Meeting at Pizza Hut, Hanover Street at 6pm. Depending on what you order, you will need between £10 - £20.
Pool League:	4th Wednesday, 2—4 . Maff runs the pool league, which takes place at the Ballroom, Morningside.
Quiet Room:	A room will be booked each weekday throughout the month for people to use as a quiet place to sit, read and have the opportunity to be around others without any pressure to talk but quiet conversation would be allowed. There will be some guidelines for using the space that people will need to follow.
Quiz Night:	4 th Monday of every month, 6—8pm .
Relaxation:	2 nd & 4 th Thursday, 6—7pm . New members welcome!
Scrabble:	2 nd & 4 th Thursday, 6—8pm .
Table Tennis:	1 st Tuesday, 4—6pm in the Training Room.
Video Editing Group:	3 rd Tuesday, 1—4pm .
Tai Chi	4 th Monday, 4:30—5 . Andy Horseman runs this introduction to Tai Chi!

Please let a staff member know if you intend to join a group for the first time.